



HEALTH & FITNESS

Not all programming is offered at each center

Ab Blast

The Pooch. The Gut. The Flab. The Pot Belly. It doesn't matter what it's called, we'll help you banish it forever! This class will focus on a unique combination of cardio, plyometrics, and ab sculpting exercises to help you whittle your middle! Your abs will thank you.

Aerobics

Work at your own pace to a high-energy format. In class you will get your overall workout with emphasis on toning muscle, gaining strength, and increasing flexibility, while improving cardiovascular level. Total fitness is put to music. No children allowed in class. Please bring a floor mat or towel.

Body Sculpting

Get results without a strenuous work-out. Come to stretch, lengthen, and firm up all your muscles. Through strengthening of abdominal muscles, hips, thighs, bottoms, waist, legs, and arms, watch your body reach its ideal shape! Practice simple mind-body exercises to stay in shape, and commit to your new body. Experience the benefits of physical power, mind-body power, and fitness!

Boot Camp

Boot Camp works your entire body, heart and muscles by going from one exercise to another with no rest. The workouts involve calisthenics, pushups, jumping jacks, crunches and other body weight exercises. The difference lies in the intensity. Your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn lots of calories. You work your whole body in a short period of time. Each exercise is different so you don't get bored. You can fit this workout into a busy schedule because you can do it anywhere with little equipment and it can be as challenging as you want it to be. Indoor facility used on bad weather days.

Cardio Sculpt

A co-ed activity with a combination of aerobics and muscle toning activities. Both men and women can benefit from the program that helps to make men more "buffed" and women shapelier while becoming more fit. A good way to help reduce the effects of aging. Make your heart happy! Non-competitive. Work at your own level from easy to advance. Even couch potatoes can be successful here!

Cardio Kickboxing

Want a high energy, fun way to exercise? Then this class is for you. Aerobic kickboxing is great for toning muscles, strengthening your cardiovascular system, and losing weight. The ultimate overall workout. Get physically fit and learn several self defense techniques at the same time. If you like taebo, you'll love this class. You will need cloth fist pads which may be purchased from a sporting goods store or from the instructor.

What are the Three Course Services provided by the City of San José Parks, Recreation and Neighborhood Services?

- 1 **Neighborhood Livability Services**
Support community residents, schools and neighborhoods more livable, provide and maintain open space and neighborhood parks.

- 2 **Life Enjoyment Services**
Provide opportunities for City residents to play, learn, socialize and receive supportive assistance to live healthy and enriched lifestyles.

- 3 **Community Strengthening Services**
Provide services that enable individuals and groups to exercise power and influence over their own lives and communities.



Co-ed Badminton – Beginning

Learn the fastest racquet sport in town! Basic fundamentals, techniques and skills for badminton will be taught to students ranging in age (6 years and up). Classes will be for beginners, intermediate and advanced levels. Instructors will assess your skill level at the first class meeting. Participants must wear proper attire: t-shirt, shorts or warm-up pants and appropriate court shoes (no heels allowed on the court). Participants must bring in their own badminton racquet, new birdies and a full water bottle to each class. Food and beverages (other than water) are not allowed in the gymnasium.

Fitness Consultation

The Camden Fitness Center is fully equipped with both cardio and strength training equipment. Our friendly and knowledgeable staff can design a work out routine to meet your personal needs. Call and book an appointment. 408-559-8553.

Hula Workout

You will gain knowledge of authentic Hawaiian dancing as well as the culture. Hawaiian dance basics you will get your heart racing and help you to lose weight. A percussionist will call out native Hawaiian language terms as you and your classmates dance in unison and synchronize movements. Requirements: A towel, water and socks, as you will be dancing barefoot.

Introduction to Ju Jitsu

This is a course on the overview of the techniques taught in Danzan-Ryu Jujutsu. While learning the basic discipline of self-defense, you will learn rolling, falling, escaping, striking, stances, throwing, holding dojo etiquette, safety and some history of Danzan-Ryu along the way. This class is perfect for anyone who wants to know more about jujitsu and improving their physical conditioning. This class emphasizes on safety and cooperation. Please wear loose clothing that allows freedom to movement. A gi uniform is not required for this course, but can be worn if you have one.

Latin Core Workout

Are you ready to learn the core basics of Latin Dancing as well as get a great workout? Then this course is for you. It is a non-stop, energetic, and totally enjoyable cardio class that will keep up your motivation to shed unwanted pounds. Sneakers are required, as well as a bottle of water and a towel. Partner not required.

Pilates

Pilates is a type of body conditioning that uses your own body's natural resistance to strengthen, tone and stretch your abdominal, back and leg muscles, improving your posture, building stronger and more flexible muscles and increasing your

energy. Come and learn the basics of Pilates mat work! These exercise techniques can be used to strengthen and tone your abs, hips and thighs. This class promotes flexibility, agility, good posture, and body awareness. A healthy and fun way to stay fit. Wear loose fitting clothing, bring a water bottle and a mat to class.

Stretching

Stretching relaxes your mind and makes the body feel more at ease. You will increase your range of motion, help prevent injuries, as you stretch various parts of the body with this workout. Increasing your flexibility and improving your blood flow, and at the same time feel amazing!

Tai Chi

Learn relaxation techniques that can remove the stress from your day in this beginning level tai chi class. The basic moves of tai chi can enhance you physically, mentally, and emotionally to make each day more beautiful. Come learn these great techniques in a relaxing atmosphere that you will use even after class is over.

Treadmill Class

You'll be challenged with intervals of cardio, with hills, fast-paced endurance. Be prepared to work! Continuous cardiovascular workout from slow to fast intensity.

Yoga

Increase your strength, flexibility, inner balance and vitality by participating in this class designed to reconnect you to your true self. This class will focus on relieving tension in the back, neck, shoulders and hips through breathing techniques and relaxation. Additionally, special attention will be paid to proper alignment to enhance energy flow and posture. All levels are welcome. Wear loose clothing and bare feet.

Yoga (Gentle)

This is an introduction to the practice of yoga. You will learn a sequence of postures to develop your flexibility and balance. You will learn to coordinate your breathing while doing poses for overall relaxation and improved strength. No experience required. Wear comfortable clothing and bring a mat to class.

Yoga (Hatha)

The physical practice of yoga reduces agitation and returns the individual to his or her personal power. Lessons are based on a variety of yoga postures, emphasizing stretching and toning muscles, relieving tension and cultivating mind to body awareness. Wear loose clothing, and a yoga mat.

Yoga for Youth

You've probably heard of the wonderful things yoga can do for the spirit, body and mind. Why limit those things to adults? In this class youth will have the opportunity to reap all the benefits of yoga in a safe and open environment. They experience such transformations as: increased peace of mind, a deeper sense of security, optimism toward their future, a heightened sense of self, improved concentration, mental and emotional control, expanded awareness and sensitivity and in general, a revitalized mind, body and spirit. Participants should wear loose clothing and bring water.

Zumba

This class is an hour of calorie-burning and body sculpting, dance combo class set to Latin, African, Arabic and Hindu music. Come join the dance party! Before you know it, class will be over and you will already be looking forward to the next time you meet. Our instructor is a certified Zumba Instructor and personal Fitness Coach.

Zumba-Bollywood Fusion

Experience our most popular dance fitness classes in one hour. Zumba has inspired folks from all over the world to get on their feet and move. Bollywood brings you to India, and then brings the world to you through music, rhythms, and dance from a vast array of cultures. Be immersed in a variety of music and dance styles, and maintain your ideal fitness levels, and mostly, enjoy a class that celebrates life through dance and fun. See you at the party!

Zumba Gold

The Zumba® Gold Fitness program is second to none. It is an innovative, fun and exciting program. It was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music and dance are used.

Zumba Youth

Join the Zumba party! Zumba is a fun and easy, high-energy work-out. Children naturally want to move and dance when they hear music. The Latin inspired music and International beats are motivating, and the dance moves bring out the unique fun, and creativity in children. The class will begin with a warm-up, and then move through a variety of songs and routines. Children will salsa, samba, cumbia, reggaeton, hip-hop, and shake in a "happy" mood. Enjoy this festival-like atmosphere, where all will have fun dancing and exercising at the same time. Parents are invited to participate for a fee.



HEALTH & FITNESS

ALMADEN CENTER

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
252.3.0500	Ab Blast	16+	T	1/13	3/17	8:00-8:50pm	Young	10	\$75/83
252.3.0501	Ab Blast	16+	W	1/14	3/18	8:00-8:50am	Young	10	\$75/83
252.3.0502	Body Sculpting	16+	Sa	1/24	3/21	8:00-8:50am	Dharma Shakti	8	\$91/99
252.3.0503	Cardio Kickboxing	16+	T	1/13	3/3	6:30-7:30pm	Camp Carter Int'l	8	\$55/63
252.3.0504	Cardio Kickboxing	16+	F	1/16	4/3	9:00-9:50am	Cynequa Caldwell	12	\$95/103
252.3.0505	Yoga (Hatha)	16+	M	1/12	3/30	5:30-6:25pm	Yoga Lite	10	\$108/116
252.3.0506	Yoga (Hatha)	16+	M	1/12	3/30	7:30-8:30pm	Yoga Lite	10	\$108/116
252.3.0507	Yoga (Hatha)	16+	W	1/14	3/18	6:30-7:25pm	Yoga Lite	10	\$108/116
252.3.0508	Yoga (Hatha)	16+	W	1/14	3/18	5:30-6:25pm	Yoga Lite	10	\$108/116
252.3.0509	Pilates	16+	M	1/12	3/2	9:00-9:50am	Staff	6	\$55/63
252.3.0510	Pilates	16+	F	1/23	3/13	10:00-10:50am	Caldwell	9	\$75/83
252.3.0511	Pilates	16+	Sa	1/24	3/21	9:00-9:50am	Camp Carter Int'l	8	\$57/65
252.3.0512	Pilates	16+	M	3/9	4/13	9:00-9:50am	Staff	6	\$55/63
252.3.0513	Pilates	16+	M	4/20	5/25	9:00-9:50am	Staff	6	\$55/63
252.3.0514	Tai Chi	16+	M	1/12	3/16	9:30-10:30am	Camp Carter Int'l	8	\$57/65
252.3.0515	Yoga - Gentle	14+	T	1/13	4/7	5:30-6:25pm	Cynequa Caldwell	12	\$95/103
252.3.0516	Yoga for Youth	8-12	M	1/12	3/30	4:30-5:25pm	Yoga Lite	10	\$108/116
252.3.0517	Zumba	16+	M	1/12	3/16	6:30-7:25pm	Shakti	8	\$91/99
252.3.0518	Zumba	16+	M	1/12	3/16	9:00-9:50am	Liu	8	\$91/99
252.3.0519	Zumba Gold	50+	M	1/12	3/30	10:00-10:50am	Liu	10	\$72/80
252.3.0520	Zumba Youth	8-11	Sa	1/17	3/7	10:00-10:50am	Shakti	8	\$97/105

BERRYESSA CENTER

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
212.3.0500	Aerobics	18+	M/W	1/12	3/11	9:00-10:00am	Martin	16	\$108/116
212.3.0501	Aerobics	18+	Sa	1/24	3/21	9:00-10:00am	Martin	8	\$58/66
212.3.0502	Aerobics	18+	M/W	3/16	4/8	9:00-10:00am	Martin	16	\$108/116
212.3.0503	Cardio Sculpt	18+	T/Th	1/13	3/5	6:00-7:00pm	Martin	16	\$108/116
212.3.0504	Cardio Sculpt	18+	T/Th	3/10	4/2	6:00-7:00pm	Martin	16	\$108/116
212.2.0505	Coed Badminton Beginning	7-13	Th	1/15	2/12	6:30-8:30pm	Huang	5	\$58/62
212.3.0506	Hula Workout	14+	Sa	1/24	3/7	12:10-1:00pm	Garcia	6	\$58/66
212.3.0507	Hula Workout	14+	T	3/3	4/14	7:10-8:00pm	Garcia	6	\$58/66
212.3.0508	Latin Core Workout	14+	T	1/13	2/17	7:10-8:00pm	Garcia	6	\$58/66
212.3.0509	Latin Core Workout	14+	Sa	1/24	3/7	11:10am-12:00pm	Garcia	6	\$58/66
212.3.0510	Yoga	16+	T	1/13	3/3	10:10-11:00am	Martin	8	\$58/66
212.3.0511	Yoga	16+	T	1/13	3/3	7:10-8:00pm	Martin	8	\$58/66

CAMDEN CENTER

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
383.3.0500	Fitness Consultation	15+	M-Sa	Ongoing		by appt.	Sam		\$35 hr ind./\$50 grp. of 4
383.3.0501	Pilates	16+	T	1/13	3/3	7:05-7:55pm	Camp Carter Int'l	8	\$57/65
383.3.0502	Stretching	18+	W	1/14	3/4	5:45-6:45pm	Sam	8	\$89/97
383.3.0503	Treadmill Class	18+	W	1/14	3/4	4:45-5:45pm	Sam	8	\$95/103
382.3.0504	Yoga	16+	T	1/13	3/3	6:00-6:50pm	Camp Carter Int'l	8	\$57/65
383.3.0505	Yoga	18+	W	1/14	3/18	7:05-8:05pm	Sam	10	\$95/103
383.3.0506	Yoga	16+	W	1/14	3/18	9:30-11:00am	Jamello	10	\$95/103
382.3.0507	Zumba Drop In Program	18+	M	Ongoing		6:45-7:45pm	Sam		\$10/per mtg

**GARDNER CENTER**

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs	Res/NonRes
232.3.0500	Zumba	16+	Th	1/15	3/5	5:30-6:30pm	Vasquez	8	\$45/53
232.3.0501	Zumba	16+	Sa	1/17	3/7	2:30-3:30pm	Vasquez	8	\$45/53

HANK LOPEZ CENTER

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
211.3.0500	Aerobics	16+	W	1/14	2/18	7:45-8:45pm	Combando	6	\$68/76

HOOVER CENTER

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
296.3.0500	Pilates	16+	Sa	1/24	3/31	10:00-10:50am	Camp Carter Int'l	8	\$57/65

NORTHSIDE CENTER

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
209.3.0500	Zumba	16+	Th	1/15	3/5	7:30-8:30pm	Shakti	8	\$91/96

SOUTHSIDE CENTER

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
216.3.0500	Intro to Ju Jitsu	18+	Th	1/15	3/19	6:30-8:00pm	Kunzman	10	\$83/91
216.3.0501	Pilates	16+	M	1/26	3/23	7:00-8:00pm	Camp Carter Int'l	8	\$144/122
216.3.0502	Yoga	18+	T	1/13	3/17	5:30-7:00pm	Pickel	10	\$151/159
216.3.0503	Yoga	18+	T	1/13	3/17	7:15-8:45pm	Pickel	10	\$151/159

WEST SAN JOSÉ CENTER

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs.	Res/NonRes
294.3.0500	Yoga Hatha	18+	Th	1/15	2/19	5:30-6:30pm	Gopalakrishan	6	\$59/67
294.3.0501	Yoga	18+	T	1/13	2/17	5:30-6:30pm	Gopalakrishan	6	\$59/67

Almaden Fitness Center

Monday–Friday:

8:00am-2:00pm & 5:00-8:00pm

Saturday: 9:00am-4:00pm

- Open to 14 year olds and up.
- Fitness Pass receipt must be presented at the time of check-in
- Fitness attire and athletic shoes are mandatory
- Fitness room features new equipment and televisions to enhance your workout experience
- Locker rooms are now open and include showers and day use lockers for your convenience

Camden Fitness Center

Monday, Wednesday, Friday:

8:15am-1:00pm & 4:00-7:45pm

Tuesday, Thursday:

7:30am-12:30pm & 5:00-8:45pm

Saturday: 9:00am-12:00pm

Adaptive Fitness: Monday, Wednesday & Friday:

1:00-3:30pm

(See program information under sports & fitness)

- Fully equipped fitness facility
- Personal tours of facility and fitness consultations available
- Adaptive fitness program tailored to meet the needs of persons with disabilities
- Call 408-559-8553, for more information on drop-in, monthly, and yearly rates

Fitness Consultation: Monday-Saturday by appointment – \$35 per hour for individuals and \$50 per hour for families or groups of 4